

## ABSTRACT

A pushrim with increased surface area and an insert between the wheel and the pushrim. In the preferred embodiment, the cross-section of the pushrim is an elongated circle and the insert is a concave trough made of an elastic material which compressibly fits between the wheel and the rim for convenient installation. Improved pushing is provided by texturing the surface of the insert to provide increased friction. Improved braking is provided by providing a smoother and wider surface on the pushrim.